

The Bible says various things about anxiety, but the word itself may not be found all that often. In the English Standard Version, it is used 8 times. In the New International Version, it is found 7 times. The King James Version does not use the word at all. Synonyms like *trouble*, *heaviness*, *distress*, and *cares* are used in its place.

What are some of the dangers in applying the word anxiety in the Bible (Philippian 4:6-7?) to anxiety as we understand it today?

The context of our reading today is around possessions and wealth. Jesus has been teaching about enslavement and greed from the heart in v19-23. He now turns his attention to what happens when we serve 'mammon' (riches and possessions) instead of God.

Read Matthew 6:24-34

1. What are the causes of anxiety and how do they relate to this passage?
2. Do you ever have concerns about the influence of money and possessions can have upon your mental health?
3. What other things do people worry about today besides clothing and money? What are some things which you worry about?

4. If Jesus' question in verse 27 were not rhetorical, how would you answer it?
5. We all live with a measure of anxiety in our lives, whether we notice it or not. How can anxiety affect our behaviour with others as well as ourselves?
6. How does Jesus answer the question of 'How do I not worry about what I eat and clothes etc'? What does it mean in practice, to apply Jesus' words? How can we live in the present more?
7. The Bible has a number of references in response to worries, certain anxieties and stresses. Read the following and think about how they apply to various situations that we are anxious about, for instance: family, health, work and events going on around us.

1 Peter 5:7, John 14:27 & Matthew 10:31

8. A research programme showed that praying for 12 minutes each day for 8 weeks or more, changes our physiology in the brain and lowers aspects of our anxiety. What other ways are there that you know of that can help when we are anxious?
9. Those who struggle with Anxiety are often misunderstood and dismissed by others too readily. How can we better support those who face daily challenges? What questions do you think are helpful?

Prayer Points

Please pray for those in our church and Bexhill who struggle with various forms of anxiety.

Continue to pray for the Alpha course, the leaders, people to come, those who have signed up and the courage to invite others.

Pray for wisdom, faithfulness and strong leadership for the Baptist Convention of Mozambique and their current Board. Pray that Baptist pastors throughout the country will encourage their congregations to grow in love and maturity

Sermon Notes



BIBLE STUDY

January 19th 2025

**Mental Health:
Anxiety**

Matthew 6:24-34

We live in a time when there is a greater effort to understand the challenges people face with mental illness, and the importance of everyone's own mental wellbeing.

In light of this, how do we understand mental health as Christians? What does the Bible actually teach, avoiding the danger of taking verses out of context? If we are faced with anxiety, depression or suicidal thoughts, how do we relate the gospel to our personal experience? How can we bring hope to those who face daily challenges?

If you would like to join a Connect Group, please contact the church office 01424 730001